



PB 'Nana Fudge



1/20th of recipe (1 piece): 93 calories, 5g total fat (0.5g sat. fat), 28mg sodium, 10.5g carbs, 2g fiber, 3.5g sugars, 4.5g protein

Prep: 10 minutes **Cook:** 30 minutes

Cool/Chill: 3 hours



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Ingredients

2 cups mashed ripe banana (about 4 medium bananas)
1 cup powdered peanut butter
2/3 cup creamy peanut butter
3 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)

Directions

Preheat oven to 350 degrees. Line an 8" X 8" baking pan with parchment paper.

Place all ingredients in a food processor. Puree until completely smooth and uniform.

Spread mixture into the baking pan, and smooth out the top.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour.

Cover and refrigerate until completely chilled, at least 2 hours. (This fudge is even good slightly frozen!)

MAKES 20 SERVINGS

To Freeze & Thaw: Tightly wrap each cooled serving in plastic wrap. Place individually wrapped treats in a sealable container or bag, seal, and store in freezer. Before eating, let thaw for about 20 minutes, or until desired texture is reached.

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